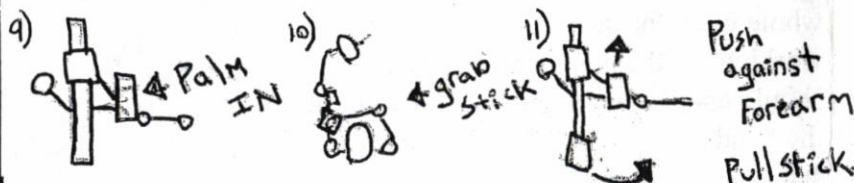


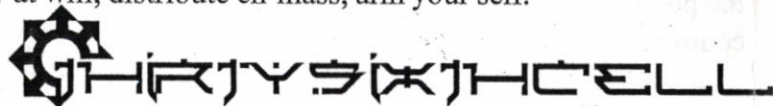


opponent hard in the temple, face or throat.³ do what ever feels right for you, a back fist, palm strike or even an elbow, experiment. after the strike pass your left hand, palm down over the opponents wrist.⁵ make a circle with your fingertips so the back of your hand is against their wrist and their fist is between your hand and shoulder. after this their hand should be inverted, fingers out ant thumb down, their stick rested against your bicep.⁶⁻⁹ bring your right hand down and grab the stick near the bottom (the end below your bicep) and wrench it across your body.¹⁰ again due to the human muscle structure this can overpower someone many times your size.



Again, start slow. Arnis teaches you to use both hands effectively. after a little training your hands will be able to work independently and the moves will overlap, going from beginning to end in a matter of seconds.

this is the end of the first installment, many more to follow. for more information, or to contribute to the next installment or distribution of self-defense skills contact b36cell@hotmail.com copy at will, distribute en-mass, arm your self.



ARNIS YOUR DESIRES

(self defense for the active human)

First Installment: Basic Stickfighting



Historically speaking, most martial arts were developed by the people. Peasants, using only their farm tools, devised ways to fight back at their well-armed oppressors. These days, martial arts are taught in schools and in private homes for as much as 400 dollars an hour. These beautiful tributes to resistance have been chopped up and sold out, taught to police so they can more efficiently beat us down. This will be tolerated no longer. The mission of thethirtysixthcell is to bring these arts back into the streets, into the hands of those who need them most. With your help this knowledge will spread across the globe, to become another tool in the liberation of the human race.

-thethirtysixthcell

History:

The bulk of this lesson is a Filipino art known as arnis (also kali and escrima) it was developed in the Philippines and served as a defense mechanism for the natives as they fought off the Spanish pirates and missionaries for over 300 years. Armed with fire hardened sticks and crude knives the natives protected their homes and the ones they loved. After 300 years the Spanish still did not give up and now, armed with black powder they finally subdued the natives. The fight was not over; the art was hidden in dance and theater, occasionally making a devastating appearance to the Spanish royal. Our goal is to pay homage to the Natives, not by studying their history or celebrating certain holidays, we will use their art the

way it was meant to be, free of charge and in defense of our lives against those who kill and maim our friends and our dreams.

Weapons:

Arnis teaches swords, chains, knives sticks and empty hand. We will start with the stick. The typical stick is 26 inches long and from 3/4 to 1 1/2 inches in diameter. These sticks are made of rattan, a thick vine that when dried becomes very light and very durable. Sticks range from 10-20 dollars a pair, available at martial arts stores and dojos. or you could cut a piece of oak, or maple, skin it, sand it, burn it (heat-treat, roll in a campfire for a little, it makes it harder). The ideal length is from your armpit to the middle of your hand, make sure its light enough for you to swing.

Stance:

To start, take the stick in your right hand and firmly set the stick in the grove between your thumb and forefinger. Close your fist around the stick, make sure to leave 3 inches or so at the bottom, this is called the punyo. with this grip your second knuckles should line up and the stick should make a 90° angle with your forearm.



Have your feet roughly shoulder length apart and pointed roughly ahead. Right (lead) leg forward and knees slightly bent. Keep your right elbow compact and down. Imagine an egg in your armpit, don't crush it, but don't drop it either. Keep loose and comfortable. Your right hand (with the stick in it) should be about 8 inches in front of your shoulder; your head should be down protecting your throat. Keep your right shoulder turned forward and your weapon hand ready. Your left hand should be in front of your sternum, palm open and thumb in (pointing at yourself). Remain loose, fluid. Keep your guard up and be ready to move.

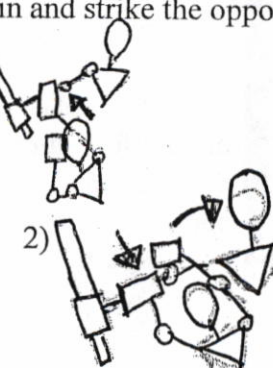
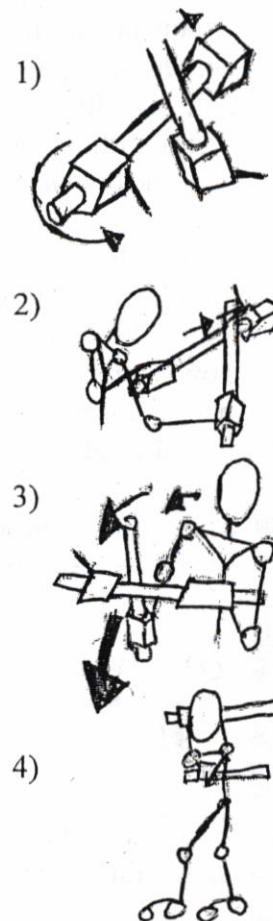
you can learn how to disarm your opponent. This time when you grab the stick, twist it forward, like your going to do the reverse-poke, but with your left hand.^① You know you did this right when your opponents hand twists so they have the back of their hand facing in or up and their fingers our.

At this time slide your stick (the one in your right hand) down the belly of theirs until it hits their knuckles,^② do this hard and fast without losing contact between sticks (its a good idea to omit this step during practice) and than push out^③ (towards their fingers, away from their body) with your stick, again use your whole body for the last push. Due to the workings of the human body, this move should enable you to pull the stick out of the hands of someone 2 to 3 times your size.

After you take their weapon, step back to a range where you can hit them, but they cant hit you.^④

Defense: Unarmed

many of the same principles apply unarmed defense, you still want to get inside, but this time step far in and strike the opponents forearm (the one holding the stick) 1) with your right hand (open palm strike) bring your left hand behind the strike (just like with the stick) and check the opponents wrist.^② you dont have to grab it, the point of a check is to monitor and control the opponent. after the check bring your right hand up hard striking the



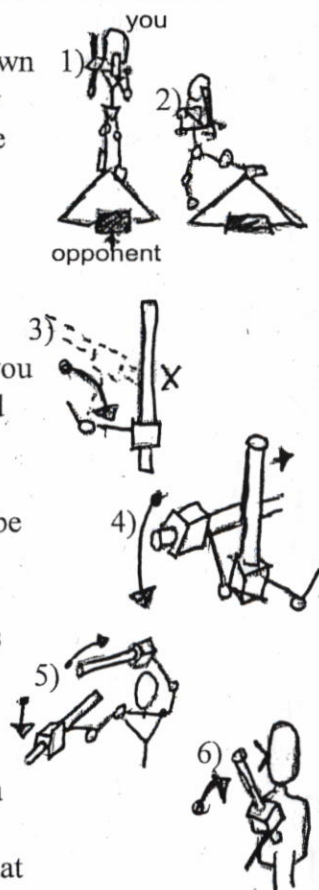
Practice this often, start slow, concentrate on the flow, the movement and transitions. As you practice the movements will be imbedded in "muscle memory" and you won't even have to think about it, then you can build on speed and strength.

Defense: armed

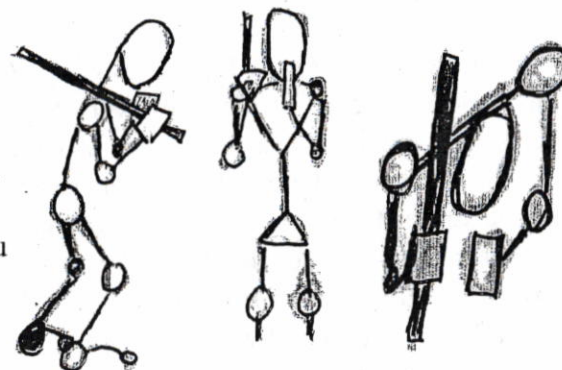
This section is how to fight, stick to stick. We all know the safest place to be when faced with an armed attacker is out of range. When this is not possible the next best place is far enough inside that the weapon is relatively ineffective. When facing off with an opponent armed with a stick picture a triangle drawn on the ground with you at the tip and your opponent in the middle of the base.

When the opponent swings from their right you want to slide your right foot down that leg of the triangle, turning your body into the strike. your chest should now line up with the last 1/4th of their stick. now bring your stick down from the ready position like you would swing a hammer. keep your elbow tucked in and use the middle of the stick to block (both sticks should be crossed at the middle). when you get used to this try keeping your left hand a couple of inches behind the middle of your stick. your left hand (alive hand) is used to disarm the opponent and should be ready. practice just blocking for a while, when you and your partner become used to it, add the left hand. what you do is as soon as the sticks collide your left hand should grab the opponents stick, first practice simply grabbing the opponents stick and moving it out of the way so you can have a clean strike.

After you are comfortable with that

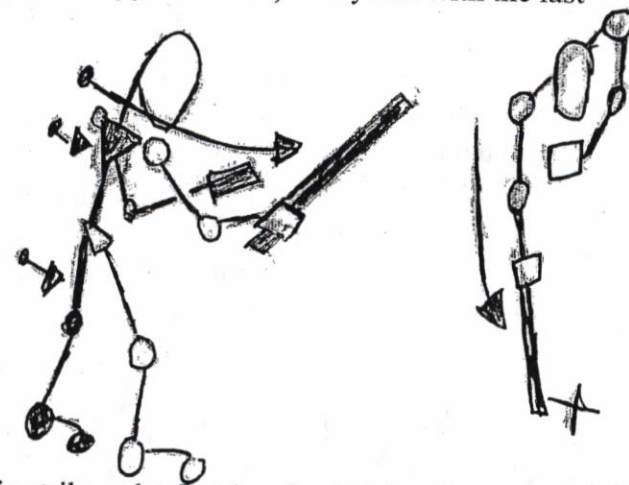


Here are three views of the basic stance, now everyone is different so naturally everyone's stance will be a little different, this is just to give you an idea.



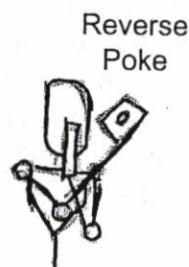
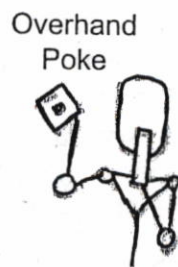
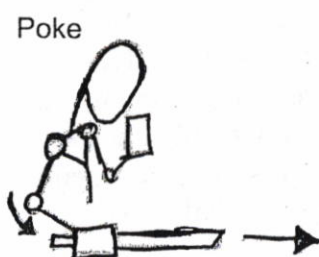
Striking:

The strike should come from your whole body, start with the hips, then the shoulders and then the elbow. the strike does NOT come from the wrist. try to keep your wrist rather straight and firm. As your shoulder moves forward your elbow should open up and the strike should connect when your elbow is still slightly bent (never lock[hyperextend] your elbow) always hit with the last 4 inches of the stick.

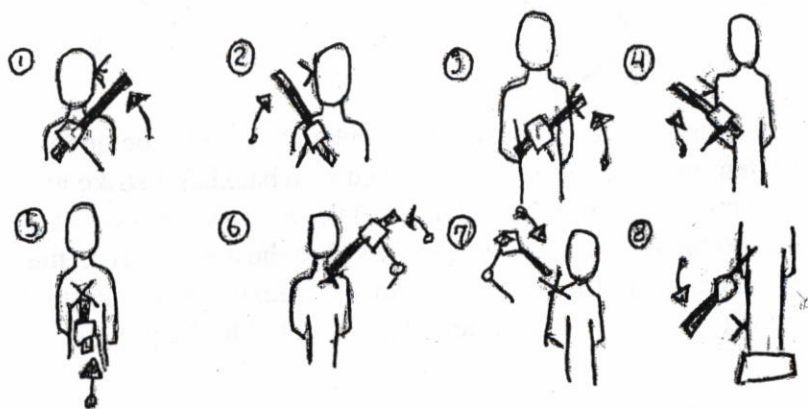


there are 12 basic strikes, the first is a forehand strike to the opponents left temple (your right side) followed by a backhand strike to the opponents right temple (your left side) the next two strikes are a forehand and backhand strike (respectively) to the elbow/wrist. the 5th strike is a poke to the stomach/groin/solar plexus. have the stick at your side (your hand at waist level) and parallel to the ground.

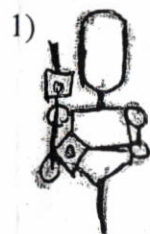
Again the strike starts at your hips, flows to your shoulder and than into your elbow. The 6th strike is an overhand poke, this time to the area behind the collar bone. For this strike again keep your stick parallel to the ground but have your fist level with your temple, the strike still flows through the body and arch downward slightly before impact. for the 7th strike cross your arm over your chest so your right fist is in front of your left shoulder with your fingers inside (the long end of the stick pointing at your opponent)



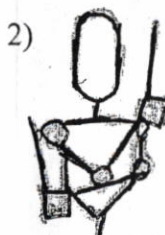
the 8th strike is a backhand to the right knee/shin/ankle followed by a forehand strike to the other side. than a overhand poke to the left eye, (like 6) than a reverse poke to the right eve (like 7). the 12th strike is an overhand smash to the crown of the skull, remember to keep your elbow in, don't give your strike away by winding it up, and after each strike bring the stick back into your body, you want the end of the stick to cover maximum distance in a minimum time.



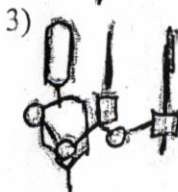
the next drill is called the siniwali, for this you use 2 sticks



Stand with your right hand up, stick above your shoulder, parallel to the ground. Have your left forearm perpendicular to your right (have your right elbow directly above the back of your left fist). Your sticks should be parallel.



The first strike is your right stick to the opponents left temple, follow through until your fist is above your left shoulder. Now strike with your left stick to the opponents left knee, follow through and bring the stick far out to your left and perpendicular to the floor.



Strike again with your right, this time to the opponents right temple, do NOT follow through! Instead snap the stick back after the strike and tuck it under your left arm. Raise your left arm so your elbow is just above the back of your right fist and your forearms make a 90° angle.



At this time you should be a mirror image of how you started, now repeat the drill from this stance in a mirrored fashion, i.e. Start with left stick to right temple, than right stick to right knee, left stick to left temple, tuck, and your back where you started.